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Study of increase in obesity among children and adults

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Abstract

This paper deals with the analysis of reasons and causes of increased obesity among children and adults and to educate them about its consequences. For this purpose, research was conducted on 80 people, which includes 40 children (20 male and 20 female) and 40 adults (20 male and 20 female). The data was collected through questionnaire made by investigation and data was analysed using descriptive statistics. The finding of the study showed that highly engineered junk foods cause powerful stimulation of the reward centers in our brains which is the main reason of obesity.

Keywords: Obesity, stimulation, body mass index

Introduction

People with a body mass index (BMI) of 30 or higher are considered obese. The term “obesity” is used to describe the health condition of anyone significantly above his or her ideal healthy weight. Don't be discouraged by the term. It simply means you are 20% or more above your ideal weight and you are not alone. Obesity is defined simply as too much body fat. Your body is made up of water, fat, protein, carbohydrate and various vitamins and minerals. If you have too much fat — especially around your waist — you're at higher risk for health problems, including high blood pressure, high blood cholesterol and diabetes.

Objectives

The main purpose of the study is analysis main reasons of obesity increasing among children and adults and to make awareness of causes of obesity to people.

Methodology

A) Sample collection

Research is conducted in 80 people from Gurdaspur and nearby villages in vicinity of Gurdaspur district, which includes.

- 1) Male Children (5-12)- 20
- 2) Female Children (5-12)- 20
- 3) Adult boys (18-25)- 20
- 4) Adult Girls (18-25)- 20

B) Collection of Data

The data was collected through questionnaire the questionnaire was given to 80 children and adults as grouped above by investigator himself. The purpose was briefly explained to them and their cooperation was expected for accurate response they were assured that their information will be kept confidential the response was collected by personal visit of investigator. It was assumed that the responses given in the questionnaire were true.

C) Design of study

For evaluation of reasons and causes of obesity, descriptive study has been designed in which survey method was adopted.

D) Statistical procedure

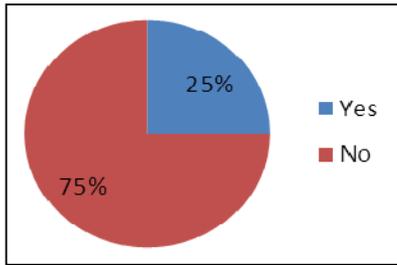
The questionnaire consisted of 14 questions with options and question was grouped into various categories. The results of the questionnaire are regulated below. The subject was asked to tick the answer which they find to be most suitable.

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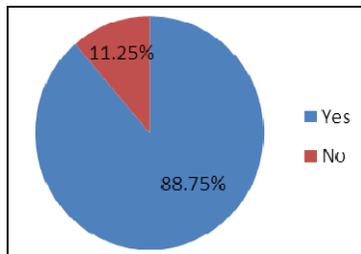
1. Do your parents have obesity problems?

Total 80	Response	%
	Yes (20)	25
	No (50)	75



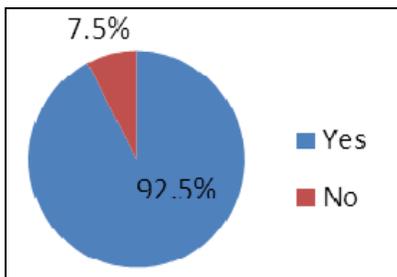
2. Do you consume extra diet?

Total 80	Response	%
	Yes (71)	88.75
	No (09)	11.25



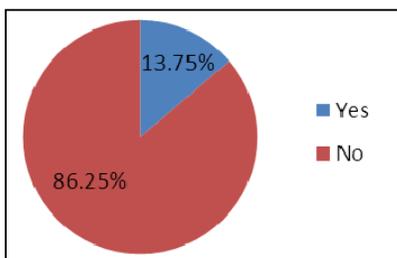
3. Do you eat carbohydrate rich diet?

Total 80	Response	%
	Yes (74)	92.5
	No (06)	7.5



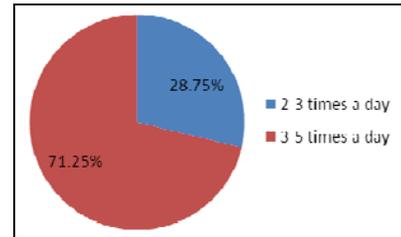
4. Do you suffered from any such Diseases such as hypothyroidism, insulin resistance, polycystic ovary syndrome, and Cushing's syndrome

Total 80	Response	%
	Yes 11	13.75
	No 69	86.25



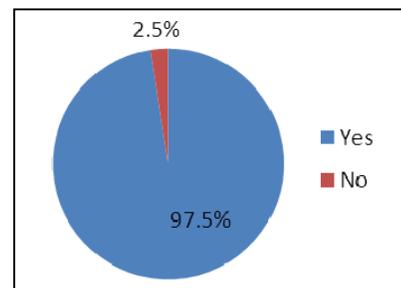
5. Frequency of diet in a day?

Total 80	Response	%
	2-3 times a day 23	28.75
	3-5 times a day 57	71.25



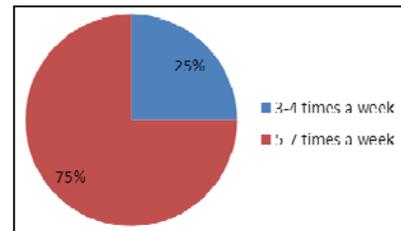
6. Do you eat Junk food

Total 80	Response	%
	Yes (78)	97.50
	No (02)	02.50



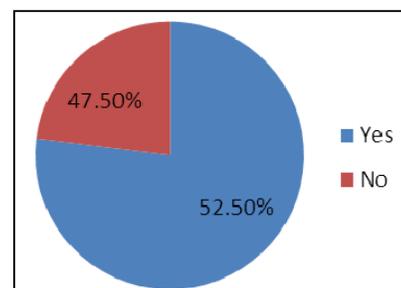
7. how often you eat junk food in a week

Total 80	Response	%
	3-4 times a week (20)	25
	5-7 times a week (60)	75



8. Do you play outdoor games daily?

Total 80	Response	%
	Yes (38)	47.50
	No (42)	52.50



9. Do you know about consequences of obesity?

Total 80	Response		%
	Yes (8)		10
	No (72)		90

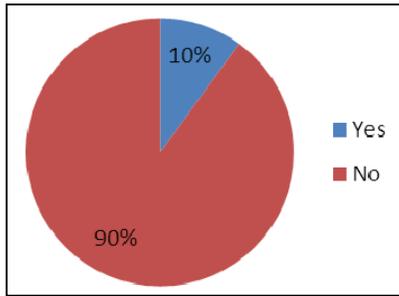
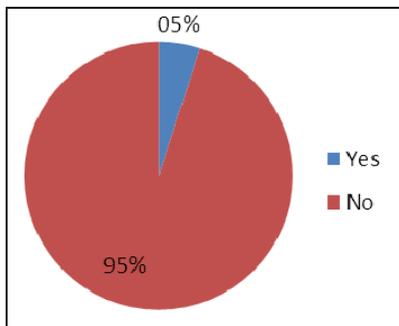


Table 10: Do you aware about your body mass index

Total 80	Response		%	
	Yes	No	Yes	No
	4	76	05	95



Analysis of Data

The data to assess the analyses of obesity and causes of fat deposition as collected through questionnaire above was analysed using descriptive statistics.

Result and discussions

Analysis of above questionnaire gives following results: 25% people said there obesity is due to hereditary from their parents. Therefore the contribution of hereditary to their obesity problem is minor. Also 13.75% persons suffering from different inborn diseases which are the main reason of obesity. So chances are quite less 88.75% children and adult consumes extra diet which imparts chances of obesity in them. Carbohydrate rich diet intake to 92.5% people also adds on to the obesity. The main reason of obesity has come out with junk food which has been confirmed by 97.5% persons with a frequency of 5-7 times a week by 75% of children and adult. Lack of physical activity among people (47.5% showing physical activity) is also a reason of obesity. Only 10% aware about consequences of obesity and just 5% know their B.M.I (Body Mass Index) of their body. Hence the problem obesity is maximum among children and adults since they do not take proper care of their diet and there is Lack of physical activity as well as lack of knowledge about obesity.

Suggestions

1. To create awareness among people about causes and control of obesity by conducting seminars and skit.
2. To consume protein rich food to increase tackles obesity

in body.

3. To play outdoor games daily
4. Regular medical checkup of body should be done in school and colleges.
5. Take less carbohydrate rich food.
6. Consume more water in a day.

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